

School Height and Weight Report

For South Dakota Students
2006-2007 School Year



For the full report, see <http://doh.sd.gov/SchoolWeight>

For additional information, see www.healthysd.gov

South Dakota Department of Health
February 2008

The South Dakota Department of Health, in cooperation with the South Dakota Department of Education has analyzed height and weight data on students since the 1998-1999 school year. This pamphlet summarizes the report of the data collected during the 2006-2007 school year.

Schools voluntarily submit height and weight measurements. Data collected for the 2006-2007 year was collected for 31% percent of the state's students from 241 schools, which is 28 percent of the state's attendance centers. While American Indians comprise 15 percent of the South Dakota enrollment population, they represent 11 percent of the respondents in this report. Schools and/or school districts who submitted measurements on 100 or more students are receiving school specific and/or district specific data along with the aggregate data in the full report.



Overweight And Obese

Data is analyzed for short stature, underweight, overweight and obesity using the current national standards. This pamphlet focuses on excess weight as South Dakota students as a whole are not short nor underweight. The definition of obese and overweight have changed from previous reports.

Definitions:

Obese: At or above the 95th percentile BMI-for-age when compared to children of the same age and gender.

Overweight: 85th to 94th percentile BMI-for-age when compared to children of the same age and gender.

Information in previous reports should not be compared to the full report or this summary pamphlet due to this definition change. The recommended cutoff points have not changed and will not affect prevalence rates of the BMI categories.

BMI-for-age is an excellent screening tool and the data presented here is for surveillance purposes. To determine if an individual student who is above the 95th percentile BMI-for-age is obese, the child's physician should make that determination.

Risk of Pediatric Obesity

Obesity in children and adolescents is associated with increased risk of psychological or psychiatric problems, cardio-vascular risk factors, chronic inflammation, type 2 diabetes mellitus, and asthma. Excess weight usually persists into adulthood. The higher the BMI in childhood the greater the chance the child will be obese when an adult.

Health Goals

The national Healthy People 2010 objective is to reduce the percentage of children over the age of six who are obese to 5%. The South Dakota Department of Health 2010 Initiative performance indicator

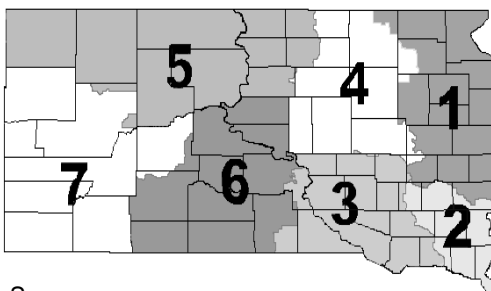
is to "reverse the trend and reduce the percentage of school-age children and adolescents above the 95th percentile from 17% in 2003 to 15% by 2010". Though this report shows a slight decrease from the levels during the 2005-2006 school year, much work needs to be done to reach these goals.



| School Year 2006-2007 Overweight And Obese Body Mass Index For Age | | | | |
|--|--------------------|------------|-------|-------------------------------|
| Age | Number Of Students | Overweight | Obese | Overweight And Obese Combined |
| 5-8 years | 14,383 | 15.7% | 14.5% | 30.2% |
| 9-11 years | 12,477 | 16.9% | 17.2% | 34.1% |
| 12-14 years | 11,047 | 17.0% | 16.9% | 33.9% |
| 15-19 years | 3,672 | 17.9% | 18.5% | 36.4% |
| Total | 41,579 | 16.6% | 16.3% | 32.9% |

| School Year 2006-2007 Overweight And Obese Body Mass Index For Age, By Race | | | | |
|---|--------------------|------------|-------|-------------------------------|
| Race | Number of Students | Overweight | Obese | Overweight And Obese Combined |
| White | 33,765 | 16.2% | 14.5% | 30.7% |
| American Indian | 4,584 | 20.0% | 26.8% | 46.8% |
| Other Races | 1,960 | 15.4% | 16.9% | 32.3% |
| Race Unknown | 1,270 | 15.5% | 19.4% | 32.3% |
| Total | 41,579 | 16.6% | 16.3% | 32.9% |

| School Year 2006-2007 Overweight and Obese Body Mass Index For Age, By Gender | | | | |
|---|--------------------|------------|-------|-------------------------------|
| Gender | Number of Students | Overweight | Obese | Overweight and Obese Combined |
| Female | 20,359 | 16.9% | 14.7% | 31.6% |
| Male | 21,220 | 16.3% | 17.8% | 34.1% |



Source:
South Dakota Department of Education

Regional Data

| School Year 2006-2007 Overweight And Obese Body Mass Index, By Region | | | | |
|---|--------------------|------------|-------|-------------------------------|
| Region | Number of Students | Overweight | Obese | Overweight And Obese Combined |
| 1 | 9,321 | 17.5% | 15.7% | 33.2% |
| 2 | 9,622 | 15.8% | 13.6% | 29.4% |
| 3 | 3,105 | 17.9% | 19.7% | 37.6% |
| 4 | 6,343 | 17.2% | 18.4% | 35.6% |
| 5 | 1,238 | 17.7% | 22.5% | 40.2% |
| 6 | 2,644 | 17.9% | 20.5% | 38.4% |
| 7 | 9,306 | 15.2% | 15.1% | 30.3% |
| Total | 41,579 | 16.6% | 16.3% | 32.9% |

This report provides data reported by the seven educational service agency regions. The composition of the regions varies in racial and age distribution. See the full report for school locations and additional information.

Education service agency region 2 is the only region significantly below the state rate for obesity. Regions 3, 4, 5, and 6 are significantly higher than the state rate. Regions 1 and 7 are not significantly different as they fall within the statewide statistical range.

How Can South Dakota Reverse This Trend

There are many things everyone in South Dakota can do to reduce excess weight in children and adolescents. For more ideas, see the full report. For ways South Dakota schools have successfully reversed the trend, see Success Stories under the schools tab on www.healthysd.gov website.

Research shows six science-based strategies to prevent obesity and other chronic diseases:

- *Increase physical activity*
- *Decrease television viewing*
- *Increase fruit and vegetable intake*
- *Decrease sweetened beverage intake*
- *Decrease portion sizes, and*
- *Increase breastfeeding*



School Height Weight Schedule

- September** Start collecting height and weight data.
Apply for scales and measuring boards if needed.
- October** Participate in South Dakota Schools Walk.
See <http://doe.sd.gov/oess/schoolhealth/sdwalks/index.asp> for more information.
- January** Check out <http://www.healthysd.gov> website especially the Schools tab. Site is updated monthly. Look for Healthy Challenges three times a year.
- March** Celebrate National Nutrition Month ®. 2008 theme is "Nutrition: It's a Matter of Fact". See www.eatright.org for more information.
- April** Plant a school garden.
- April** Hold special events to celebrate Turn Off TV Week.
- June 15** Submit data from the previous year to the Department of Health.
- July** Hold community events to celebrate South Dakota Great Day of Play.
- August 18- October 17** Participate in the Power Panther tour of South Dakota. See <http://doe.sd.gov/oess/cans/nutrition> for more information and to schedule a visit.

